31st Year — No 38

SPOKE

Conestoga College, Kitchener

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Poster vandalized

By Beverley Grondin

The face of an abused woman on a poster dealing with violence against women has been slashed twice, in a matter of two days

John Innanen a faculty member in the Business Computer Program Analyst program discovered the slashed posters on each occasion, just outside the washrooms by the main cafeteria

"It s very troubling to see they use violence to deface a poster against violence" said Innanen on Oct 5 when he discovered the poster

The poster had been posted on the OPSEU bulletin board beside the main cafeteria for quite some time according to Ann Wallace president of the support staff union who is in charge of putting up posters that deal with various issues on campus

"It s even more reason to keep the issue alive" said Wallace when she discovered the poster had been slashed

She said seeing that someone would do something like this makes her more determined to continue fighting for the cause.

"Obviously the message hasn t gotten to those who need to hear it" said Wallace, who replaced the poster saying the incident was disappointing

Innanen was even more upset to discover the second poster defaced in the same manner when he arrived at school Oct 7

"It is terribly disappointing" he said "This should worry people"

He said the poster in itself is graphic and meant to make people notice it That s why it s placed on a wall on the way to the washrooms He notices it every day

"If this is meant to be a joke it is a sick joke" said Wallace, who was outraged when she saw the second defaced poster

"I get the feeling that this isn t a joke" she said. "If that s what they think this is – a game – this isn t a game. It s a real life"

Wallace added she doesn t find these acts of violence funny at all and that she will just continue to put up posters about violence against women, for as long as she needs to

"Issues don t go away because you destroy a poster" she said

Wallace said she believes there is some significance that on both occasions it was the woman s face that was defaced.

"It seems to be too deliberate, as if someone s discounting it as a real issue," said Wallace

If whoever is responsible could be identified Wallace said, it should be dealt with according to college policy Anybody who defaces college property faces consequences she said

It s not appropriate behaviour

According to policies in the student procedures guide under students rights and responsibilities on pages 28 and 29 students must not damage or deface property that is not their own

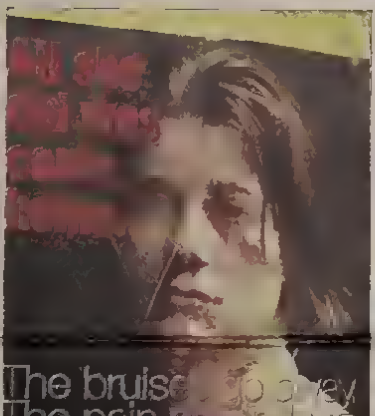
Al Hunter the college s supervisor of security services, said if they found someone who had defaced or damaged property action would be taken. Depending on the seriousness of the vandalism, the punishment could be anything from a verbal reprimand to dismissal from his/her program.

According to Hunter the vandalism could even be seen as a criminal offence depending on the seriousness of the situation or if the student has a history of misconduct

Hunter said he would want to be made aware of any type of vandalism taking place at the college

He said that he is always concerned when there is any type of vandalism on campus but this case causes additional concern because it is a sensitive issue.

"This could be seen as targeting women," said Hunter Obviously this is disturbing.



This poster dealing with violence against women was defaced twice

(Photo by Beverley Grondin)

Doon writing centre opened

By Angela Clayfield

"Me fail English? That s impossible

That s what Ralph Wigham said to Miss Hoover on the Simpsons No one knows how well Ralph is doing but perhaps he would benefit from a writing centre like the one that officially opened at Doon campus Oct 4

The writing centre is funded under the Learning Opportunities Project a task force of the provincial government which has set aside $30 million for eight different post secondary sites to implement projects designed to increase the academic success of students with specific learning disabilities Conestoga College will receive approximately $2 7 million over a four year period

Students who need help with their writing can get assistance from student tutors when they need it at the writing centre

And though tutors won t write students essays for them they will help with basic grammar brainstorming and editing

The people who have used the writing centre the most so far have been students using English as a second language since they sometimes have a harder time grasping the concepts of the English language said Stephen Kauk a writing centre tutor

However students from a broad range of programs have dropped by said Lynn Gresham student services learning advisor

"I m sure ESL students will find this useful but I m just as certain that everybody for whom English is a first language will (use the centre)" she said I have seen a real cross section of the student population

Students from nursing to communications have come in for advice

Students who use this service can get help with many kinds of writing They may even be lucky enough to get help from someone in their own program who is a tutor at the writing centre

"We have a really good cross section of departments represented in our tutors Gresham said

The tutors may not be experts in grammar but have a strong grasp of the concepts of the English language, Gresham said Tutors are senior students who are recommended by faculty for their excellence in writing

Reference books are available for tutors and students if there is one particular rule they need to clarify

"We re here to help anyone who needs that help" Gresham said. "If that s what folks need, then I m hoping that we can be here to help them"

Flu season on the way

Doon campus prepares for coughing, sniffling and sneezing

By Beverley Grondin

The nights are getting longer, leaves are falling from the trees and frost is on the ground in the mornings. This can only mean one thing: flu season is on the way.

Health services at Conestoga College's Doon campus will be holding an influenza vaccination clinic Oct. 20 and Oct. 21 in the blue cafeteria. The clinics will run from 9 a.m. to 4:30 p.m.

The cost will be $5 for health science students and $10 for everyone else, unless a person has a chronic health condition in which case it will be free with a health card.

Kim Radigan, health and safety co-ordinator at the college, said most of the people who will be vaccinated are students from health sciences because it has been recommended they receive the vaccinations, especially if they work in the field.

The strong recommendation that health science students be vaccinated came from Dr. Hanif Kassam, the associate medical officer of health with the community health department of Waterloo Region. As a result of investigations into flu outbreaks in the region last year it was discovered that often students were working in institutions where the flu outbreaks occurred, said Radigan.

Following an inquest into last winter's deaths at Kitchener's Central Park Lodge, the Ministry of Health recommends immunization for 70 per cent of staff at health care facilities.

Radigan said about 530 health science students are expected to be vaccinated so it was decided to hold the clinics in the blue cafeteria.

"Often we've done it in the office in the past, but we're moving it to the blue cafeteria because of those numbers," she said.

Radigan said there doesn't seem to be much a person can do to prevent getting the flu other than being vaccinated every fall and washing one's hands frequently.

"Because (the flu virus) is airborne it is difficult," she said. "If you're in the vicinity (of someone carrying the virus) then you are pretty likely to be infected."

It is important to be vaccinated every year because immunity will last only four to six months. There are also different strains of the flu that pass through the area each year.

"Every year they will put (in the flu vaccine) whatever they think is going to be coming through this area," said Radigan.

This year the vaccine offers immunity to the strains A/Beijing, A/Sydney and B/Yamanashi (a B/Beijing-like strain).

There are some side-effects from the vaccination the most common one being soreness around the area where it was given. In some instances people can experience mild flu symptoms for one or two days afterwards. However Radigan said that this does not happen to most people and it is nothing to be concerned about.

Anyone with an allergy to eggs or egg products, a sensitivity to thimerosal (a preservative used in vaccines) or an active neurological condition should not receive this vaccine.

Conestoga teams with WLU, UW

By Phil Wright

Conestoga College, in partnership with Wilfrid Laurier University, the University of Waterloo and the Working Ventures Canadian Fund, officially launched a $5-million investment vehicle on Sept. 24.

The Waterloo Ventures fund will provide financing for Kitchener-Waterloo high tech companies unable to secure conventional financing.

The initial $5-million investment was made by Working Ventures Canadian Fund. Waterloo Ventures is the third fund created under the Ontario government's Community Small Investment Fund program.

The fund will make initial investments of $250,000 to companies with less than $1 million in assets. It can then make subsequent investments of up to 20 per cent of the fund in a particular company.

Kevin Mullan, Conestoga's vice-president of finance and administrative operations, said community involvement in the fund is limited to a sponsorship.

However the sponsorship is a necessary requirement for the registration process, said Mullan.

Moreover the sponsorship by Conestoga and the two universities is not an investment or an equity interest, said Mullan.

It's basically a letter of support from the college," he said. "We researched this well before hand, there's no liability or potential liability on behalf of the college."

The sponsorship allows young companies affiliated with the three schools access to educational resources in both technical and non-technical fields.

> "Capital in the community draws technological business deals"
>
> *Andrew Abouchar, fund manager, Waterloo Ventures*

Most high tech companies emerging from the three schools simply do not have the tangible assets necessary for security from a bank, said Mullan.

The companies at that time are basically ideas and intellectual property, he said. "They don't have the security banks typically look for."

The fund targets the Internet and computer networking sectors as areas with very high growth potential.

Individuals are eligible to invest in the fund.

Private investors making a minimum investment in Waterloo Ventures are eligible to receive a tax credit of 15 per cent of the amount invested, with a maximum of $75,000.

Half of that credit will be received in the year of the investment and the remainder will be received as the fund invests the money in local businesses, according to the fund's Web site.

Andrew Abouchar fund manager of Waterloo Ventures, said he would like the sponsorships to develop into partnerships where schools can more effectively commercialize their products.

The benefits for the sponsors are many, said Abouchar.

"Capital in the community draws technological business deals," he said. It will also be easier for the sponsors to attract professors in such an environment."

The community benefits by attracting capital and expertise to a more defined area, said Abouchar.

"With the influx of capital and expertise the community will realize you don't need to go to Toronto for a high tech business deal," he said.

Doon to host job expo

By Brian Gall

A free, two-day job expo(s) will bring job seekers and employers together at Doon campus's recreation centre this week.

World of Work, a strategic partner of Human Resources Development Canada and Kelly Alexander Communications, runs from noon until 8 p.m. Oct. 20 and from 10 a.m. to 8 p.m. Oct. 21.

Hundreds of job openings in the Kitchener Waterloo area, as well as educational and career information will be on display.

Seminar topics will include Surviving the Interview, Resume Preparation, Technology Trends and Training and others.

Companies will be accepting resumes for a range of positions. Among them are Web developers, health care providers, accountants and industrial electricians.

Joanne Yurkovich, marketing and public relations co-ordinator for Kelly Alexander Communications, said she expects to see a variety of people in attendance.

"It could even be retired people looking for a part time job," she said.

Though admission is free, those who attend are asked to bring a non perishable food donation for The Food Bank of Waterloo Region.

Feeling lucky? Check out Page [illegible]

DSA:

Discusses basketball, suicide and cars

Compiled by Brad Dugard

The Doon Student Association endured a long meeting Oct. 5 but made up for it by cancelling their Oct. 12 executive meeting

Here are some of the highlights from that meeting

Bouncing merrily along

The executive sanctioned a basketball club but not without some lively debate

Some members of the executive were concerned that the club is just an attempt for some basketball players to obtain a college varsity team.

Some of the DSA executive are concerned students activity fees will be used for the wrong purpose.

"According to our clubs" policy (basketball club organizer John Beechy) can have a club" said Jena Hussey DSA vice-president of operations.

(But) if his goal is to use this club to get a varsity team then he is using the DSA and the students."

Hussey said Beechy told the executive the only way to become a varsity team was to first have a successful club.

Hussey was the only executive member to vote against accepting the club into the DSA Ramy Michael, promotion assistant of clubs and residence abstained from voting

Ellen Menage, DSA president, said while she does have some concerns about the possibility the club will be taking advantage of the association she hopes the club will be a success and believes it to be a good opportunity for students to play some non-competitive basketball

Don't pull a Cobain

Barb Kraler a counsellor in student services attended the first part of Tuesday afternoon's meeting to discuss the importance of suicide prevention.

She told the executive that as student leaders they might be approached by students in need of peer counselling about suicide

She invited the executive to attend a seminar about the issue and to learn specifically how to help someone who might be considering ending his/her life

The seminar is open to all students staff and faculty and will be held Oct. 20 in Room 1C15 at 1:30 p.m.

Park this up your...

Menage had a meeting with Al Hunter, supervisor of security services about the lack of parking

The DSA was originally silent on the issue however, after the DSA's board of directors took the issue to heart, the executive organized a meeting

Menage reported to the executive that Hunter doesn't believe anything can be done about the overcrowding at the present time

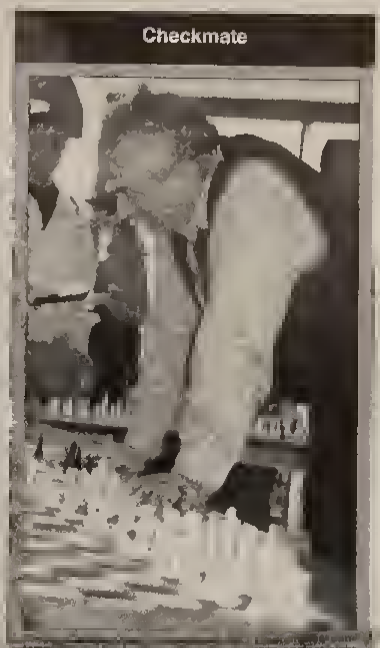
However she reported that there are future plans to expand one or more of the lots to accommodate more vehicles.

Take a hint people

The Sanctuary is still considered a toxic waste dump despite the best efforts of the DSA staff to get people to pick up their garbage

Suggestions raised at the meeting included painting signs on every table asking people to put their trash away

The other suggestion was to temporarily close the room to raise awareness of the issue.



Conestoga students [illegible] a event [illegible] against eight [illegible] photo in the Doon campus main cafeteria on Oct. 7 (Photo by Brad Dugard)

Colleges see changes

Compiled by W Czarnecki

Starting January 2000 St. Clair College will launch a new and unique three-year post-secondary undigital animation program.

The name traditional comes from the combination of traditional classical and digital animation training.

The college is securing a copyright on the name. The program has been developed in consultation with advisers such as Dreamworks SKG the CBC and the Disney Institute and they will set the lead for the college program.

Initial recruits for the 40 spots available in January will come from Ontario and nearby U S states. The college expects more interest from across North America as the program becomes better known

The program will teach skills in the area of digital special effects that are required in such opportunities as feature films television advertising and programming CD interactive and CD-ROM production, CD games and corporate training

Tuition for the program will be $3,500 Students will also have to buy a laptop computer capable of handling industry standard software

Agreements signed

Cambrian College in Sudbury and Mount Royal College in Calgary have signed articulation agreements that will allow Cambrian journalism and public relations graduates to go or to Mount Royal and complete a Bachelor of Applied Communications in two years and one year respectively

Cambrian students would follow individualized programs at Mount Royal Up to three graduates will be accommodated in the third year of the two-year program options Some students who have additional college or university credit will be able to complete their program in a shorter period of study

The requirements for entry into the Mount Royal program are the completion of five semesters of a public relations diploma and a cumulative grade point average of 3 0 or greater

Journalism students must complete then two year diploma and a cumulative grade point average of 3 0 or greater

Tuition fees increase

The average tuition fees at Ontario universities have increased 134.2 per cent since 1990

Ontario university students believe that the provincial government should freeze tuition fees at their current levels according to a press release by the Ontario Undergraduate Student Alliance

The alliance has released two fundamental recommendations for a new tuition policy

The first is the provincial government should freeze tuition at its current levels Second, the provincial government should increase per capita public funding of Ontario universities to the national average.

The Ontario government has consistently ranked 10 out of 10 in funding for universities The government will make an announcement regarding fees in upcoming months

Union prepares for negotiations

By Tannis Fenton

OPSEU Local 238 which represents support staff at Conestoga College has started the process of negotiating a new contract.

A pre-bargaining conference took place in Toronto on Oct 2 and Oct. 3 where economic trends issues and the college system were discussed said Ann Wallace president of the support staff union at Conestoga College

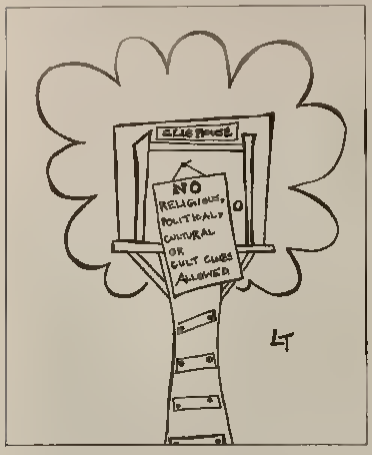
Committee issues, with other locals were discussed because the union bargains centrally

The union plans to give notice for negotiating their new contract, which expires Aug 31 2000 in January Negotiations are expected to start in March

A survey of support staff will take place during November to help determine the issue for the demand setting meeting in May

Commentary

Editorial



All clubs deserve funds, support

Conestoga College's Doon Student Association should fund and support any clubs as long as it doesn't promote hate against an ethnic, religious or political group.

However the Doon Student Association's amendment to its clubs/associations policy is calling for a right to refuse funds, which are collected from the Conestoga College student activity fee, to any club that has a political, racial religious or cult foundation.

A devil worship club, formed by 10 students of Cambrian College in Sudbury is its case in point. Some members of the Cambrian College student association opposed the idea of funding the club because its activity themes conflicted with their individual interests and beliefs

But conflicts of interest are inevitable in a democracy. Instead of fretting over the differences, we should learn to honour them.

Because the Canadian Charter of Rights and Freedoms guarantees fundamental rights such as freedom of conscience and religion and freedom of thought, belief opinion and expression the DSA's clubs/association policy should grant the same freedoms to the students it represents.

It should agree to fund ethnic political and religious diversity at Conestoga College.

Conestoga College is expanding its educational reach on a global scale. It supports and promotes international education at home and abroad. The college has hosted students from Hong Kong, Japan United Arab Emirates, Saudi Arabia, Taiwan, Korea, Kuwait, Lebanon, Pakistan India, United Kingdom Germany Mexico El Salvador Indonesia, Grand Cayman, Guyana, Ethiopia, Botswana, Thailand the People's Republic of China and other countries because today the global way is the only way.

By supporting ethnic, political and religious clubs and associations, Conestoga College is expanding its educational horizons. It is allowing students to acquire a better understanding of different political beliefs religions and cultures

After all the college likes to emphasize the growing number of foreign students attending its programs.

Therefore a policy that supports and funds ethnic political and religious groups is crucial in maintaining a strong, global profile

Only in this way will Conestoga College fulfill its mission to develop and provide comprehensive learning and training opportunities

The DSA should reconsider its clubs/associations policy But instead of refusing to fund groups with political, racial religious or cult foundations it should embrace diversity and support such groups on campus

Breast talk offending some uptight boobs


Brian Gall

There is something called decorum. But what is offensive to one person may be funny to another

Certain words can have a major effect on people There will always be those who are easily offended, and they must learn to lighten up

Titz 'n Glitz is a Halifax fund raiser for breast cancer education and it has probably drawn more attention than any other event in October's breast cancer awareness month

Because of its name many promotional posters around Halifax were torn down or had the word "titz" torn off

"I've had lots of people calling me saying the name is crude and vulgar and it demeans what breast cancer is actually about" Sue Tingley chairwoman of the Titz 'n Glitz committee told the National Post

The gala was held Sept 30 and attracted about 800 women who have been affected by breast cancer some personally some who have lost relatives or friends In five years it has grown from a small gathering to an event that raises thousands of dollars for breast cancer awareness

Sheree Fitch, a well known author of children's and women's books living in Halifax attended the event and said she was able to gather with friends have a bra decorating party and laugh most of the evening

She said women came in either the glitz mode (wearing elegant dresses) or bra mode, with some women wearing them over their clothes. It was partly a women's costume party, with two women wearing yellow feathered bras, masks and slippers calling themselves "chicken breasts." On Fitch didn't for a second forget why she was there she said.

Fitch has lost three friends to breast cancer in the past two years and said she can understand people being sensitive about the word

But she said she feels quite different when it is spelled 'Titz' and used as a play on words and in a rhyme She said she saw it for what is was

"We're not saying let's start calling our breasts titz It was to draw attention," said the 43 year old mother of two

Bringing comfort and laughter to such a serious issue made the event a success

About 90 000 Canadian women are currently diagnosed with breast cancer which is our country's No 1 killer of women aged 35 55

Sylvia Sheddon, administrator of the Ontario Breast Screening Program in Toronto said sensitivity surrounding the name of the event would be age specific. For any breast health event, one has to be conscious of the audience one is trying to reach, she said.

Sheddon added that many women in her program, who are aged 50-70 would not like the term otz.

But a few attendees of Titz 'n Glitz were in their 60s according to Fitch

So whether the word is good or bad comes down to individual taste

Those who condemned the event because of its title are close-minded At least the women involved care enough to do something for their cause

And having fun at the same time is a stress reliever for them

'If we don't laugh we die" Fitch said 'Humour goes a long way"

Hunger versus craving

Use your head, not your gut


Talisha Matheson

Do you find yourself eating out of boredom or because you crave a mouth watering Big Mac or taco shown in commercials? Do you open the refrigerator as soon as you walk into the house?

Experts suggest it's more likely that you are not hungry, but eating out of habit.

Reasons for eating vary from person to person and are frequently not related to hunger according to the Heart Information Network Web site

"I'm hungry" are two words used loosely by many throughout the day but most of us can't distinguish between true hunger and anxiety driven cravings.

According to the Web site most people don't know whether they're hungry or craving

When someone is hungry they feel hunger pangs lightheadedness or get a headache When people crave they feel like eating something They feel the need to eat sweet salty or spicy foods

According to the Oxford dictionary, hunger is the uncomfortable sensation felt when one has not eaten for some time. Craving, however is to long for or have a strong desire for something

New research says cravings are the body's way of letting us know what nutrients it needs If you satisfy that craving you may find you feel a lot better

The smell of fresh buttery popcorn may entice your taste buds and cause you to want a kernel or two but being the diet gurus we have become we often resist temptation and drink a refreshing glass of water instead

Researchers suggest we should n't fight the craving but succumb to its greatness because giving in to it will satisfy the craving

If giving into temptation is not for you experts suggest grabbing your coat on a sunny day and taking a walk for 10 to 30 minutes

Researchers believe bright light tends to increase the serotonin level which will calm the cravings

But let's be honest here The majority of us would prefer to unwrap a Mars bar instead of going for a walk.

> Researchers suggest we shouldn't fight the craving, but succumb to its greatness because giving into it will satisfy the craving

The next time you feel the urge to eat, ask yourself these questions. When was the last time I ate? What am I craving? Am I hungry or has my appetite been stimulated? And what is my reason for wanting to eat? This will help you recognize what is stimulating your appetite

SPOKE Keeping Conestoga College connected

SPOKE is published and produced weekly by the journalism students of Conestoga College.
Editor Bradley Dugard News Editor Brian Gall
Issues and Activities Editor Lesley Turchinski Photo Editor Jeanette Everall Production Manager Anita Seifert
Advertising Manager Linda Wright
Circulation Manager Nicole Fielding Faculty Supervisor Christina Jarvis Faculty Advisor Sharon Dietz
SPOKE's address is 299 Doon Valley Dr Room 1B14 Kitchener Ontario N2G 4M4
Phone 748 5220 ext 691 692 693 and 694 Fax 748 5971 E-mail spoke@conestogac.on.ca

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Fear: the great motivating force


Brad Dugard

F e a r
Nothing has more power to attract attention than that nagging pull deep inside your stomach

Fear is a unique animal It can be either a destructive force

Or if harnessed can motivate you like nothing else

It has driven armies to accomplish nigh impossible feats, and it has driven men mad

It has motivated politicians and made children and adults cry

If you try to describe exactly what it is, chances are you'll have trouble

The Canadian Oxford Dictionary says fear is an unpleasant emotion caused by exposure to danger expectation of pain.

Also dread or fearful respect anxiety for the safety of danger

Recently a fellow student was talking about her impending work-term placement and was commenting that she was a little afraid of entering the working world because as she said, "I might not be as well educated as I led them (the possible employer) to believe "

Certainly this is a cause for fear dread, and an expectation of danger

Something about that conversation struck a note with me My work term is coming.

Do I need to fear the future?

Eleanor Roosevelt wife to F D.R and niece to Teddy Roosevelt, once said, "You gain strength courage and confidence by every experience in which you really stop to look fear in the face You are able to say to yourself I have lived through this horror I can take the next thing that comes along You must do the thing you cannot do

> "You gain strength, courage and confidence by every experience in which you really stop to look fear in the face"
>
> *former First Lady Eleanor Roosevelt*

Hmmm.

Obviously Eleanor saw fear as a constructive force

A tool that if used properly created a better life for the stricken.

In the tragedy Macbeth the great wordsmith William Shakespeare wrote, "When our actions do not, Our fears do make us traitors

Sounds pretty negative

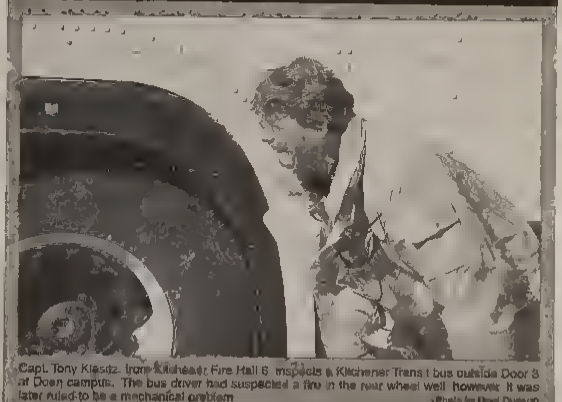
To betray something or someone perhaps yourself because you fear to act would be the greatest betrayal of all

So to my friend and to all who will shortly leave on work term I offer this advice

Know your fear, use your fear. But above all else, control and harness your fear Then, it cannot harm you.

Unless of course you lend courageously to your new boss.

Checking all systems


Capt. Tony Kiesdz, from Kitchener Fire Hall 6 inspects a Kitchener Transit bus outside Door 3 at Doon campus. The bus driver had suspected a fire in the rear wheel well however it was later ruled to be a mechanical problem (Photo by Dwyl Dugard)

Entertainment

Three Kings strikes gold

By Waleriee Czarnecki

Three kings wanted to steal the gold bullion and in the words of one character "No, not the bouillon you put in water to make soup"

The film, Three Kings begins like most other American movies The U S has won the Gulf War defeating Saddam Hussein s Iraq and defending democracy and the American way The soldiers are celebrating their victory anticipating their return home Amidst all the jubilation, three soldiers who are strip searching Iraqi prisoners uncover a map hidden inside one prisoner's rectum.

Sgt. Troy Barlow played by Mark Wahlberg (Boogie Nights), Chief played by Ice Cube (The Players Club) and Major Archie Gates played by George Clooney (Out of Sight), are the soldiers. The map shows a bunker with a huge cache of gold which could change the soldier s lives.

Also starring in the film are Nora Dunn who plays reporter Adriana Cruz, and Said Taghmaoui who plays the Iraqi torturer

George Clooney Mark Wahlberg and Ice Cube (left to r ght) star in Warner Bros unconventional drama "Three Kings" (Photo submitted)

The soldiers embark on their journey along with Pfc. Conrad Vig, played by Spike Jonze, music video and independent film director who provides the comic relief

This journey is what makes the film entertaining and, at times very intelligent. The soldiers choose to find the gold and steal it. Yet, their decision changes as they see the reality of the war and its aftermath The soldiers make some important discoveries about the war especially poignant in Mark Wahlberg s torture scene and in the interactions between the soldiers and Iraqi civilians

With their newfound knowledge, they face their greatest decision This decision will affect their lives differently from the way they envisioned them at the beginning of the film.

Three Kings does not glorify the Gulf War by making the war look like it's a fight to free Kuwait. It does criticize the U.S for its goal to ensure Kuwaiti oil supplies were not interrupted and its abandonment of the Iraqi people when they wanted to overthrow Hussein This gives the film credibility

There are some great camera effects in the film which give some scenes an interesting point of view In some scenes, such as the torture scene the thoughts of a character are acted out giving the characters an element of humour shock and fear Instead of a scenario being just described by a character, the film shows what people are describing or thinking This was done for some serious situations and humorous ones

Most of the humour, script and visual effects were at times too childish compared to some of the serious topics in the movies

Three Kings is a fatal flick as far as entertainment and has strengths that make it worth seeing

Happiness swimming against current

New Our Lady Peace album number 1 on Canadian music sales charts

By Adam Wilson

In 1994, Our Lady Peace (OLP) released their first album Naveed, and gained critical and commercial success. The band toured with close friends 1 Mother Earth and both bands became the 'next big thing' in the Canadian music scene.

Three years later OLP released their second album, Clumsy and found themselves propelled to superstar status in Canada. In the U S Clumsy won over many people who thought OLP was a one album wonder and established them as some of Canada s best songwriters

OLP s third album Happiness, is not a fish you can catch...is yet another testament to what the band can do in terms of writing

The band has never been overly radio-friendly mainly getting air time on alternative radio stations

This album is solid, albeit some songs take a couple of listens before you fully enjoy them

Some songs on Happiness, however, have the potential to break through the radio barriers and become cross over hits on more mainstream stations.

Waited, Thief and Lying Awake are three songs that sound as though they could easily be some of the band s biggest hits as well as some of the best songs the band has ever written

These three songs showcase the band s talent for writing catchy lyrics even though you might not understand what they re singing about.

The chorus of Thief is a prime example "I can t see that thief that lives inside of your head But I can be some courage at the side of your bed I don't know what s happening and I won t pretend But I can be your..'

This album is solid, albeit some songs take a couple of listens before you fully enjoy them.

There are many standout tracks, and like the band s other two albums, the song-power doesn t fizzle out towards the end of the album. The last few songs are just as good as the others and deserve as much attention as the first single, One Man Army

Released just a couple of weeks ago, Happiness is already atop the Canadian music sales charts

It is a bold prediction to say that this album will make OLP more popular than Clumsy did but it is easy to say that Happiness is probably their best album

Superstitions, omens and other things that go bump in the subconscious

By Angela Clayfield

When you buy groceries or fast food, does the total ever come to $6.66? Does it freak you out?

Would it bother you if your licence plate had three consecutive sixes on it? What if you rear-ended a car with those numbers on the plates?

Would you live in a house if its number was 666? Would you notice if your phone number started with these three significant numbers?

The numbers 666 are popularly known as the mark of the beast. According to the book of Revelation, it is a mark that will be placed on the right hand or forehead of men who would follow the beast.

For Pat Knechtel, store manager at K W Surplus whose address is 666 Victoria St. N. in Kitchener, the number on the building is just a topic of conversation among the store's customers.

He said the fact that those same numbers appear in the store's phone number (744-6660) is a coincidence but "it is kind of funny."

It is also interesting that in the Whitby area there are approximately 5,000 phone numbers that have the exchange 666. One such listing is the Whitby Christian Assembly where Rev. Wayne Halliwell says he gets ribbed about the coincidence and finds the irony amusing.

However, when it comes to superstitions about the significance of the three sixes, Halliwell says, "I think it's a bunch of nonsense," and he refuses to be intimidated by it.

Knechtel says he thinks people are not as superstitious as they used to be and are no longer intimidated by the dual appearance of 666 in their address and phone number as they might have been 50 years ago.

On the other hand, Rev. Halliwell, who has lived in many countries and experienced many cultures, told a story about a Singapore man who wanted to win at gambling and went to a witch doctor as recently as 10 years ago. The witch doctor told him he would help, but only if the man brought him certain body parts. The man did as he was told.

Halliwell uses this story as an example of how extreme people can get with their superstitions.

He warned people are starting to take Halloween as seriously as they do superstitions and the occult and witchcraft are playing a more serious role as well.

In the past, spells were cast just to see what would happen. Now he says people should be aware that they are getting into serious stuff when tampering with witchcraft.

Although Halloween introduces people to the occult, superstitions and various other spooky things, Halliwell says it all depends on the context and whether or not you believe in it.

Pat Knechtel, store manager for K W Surplus whose address is 666 Victoria St. N., Kitchener, says the building number is a topic of conversation among his customers. (Photo by Angela Clayfield)

Methods to superstition madness

Compiled by Angela Clayfield

The ancient gods will appreciate you more if you are superstitious.

Whether you realize it or not most modern superstitions are based on archaic rituals and myths.

Many people knock on wood without knowing that in ancient folklore trees were the homes of the gods and when making a favour, of these gods one would touch the bark. Knocking three times was a sign of thanks.

Another common reason for spirits who were jealous of human happiness could not hear you speak of good fortune and predictions if you were knocking on wood.

Breaking a mirror will bring you seven years of bad luck. Why? Early people being devoid of scientific knowledge, thought a shiny surface was a tool of the gods and the reflection was his soul or other self. Glass mirrors were made years later and if broken, it was believed it would harm the soul.

But why seven years? In the first century AD the Romans believed that life renewed itself every seven years and since a broken mirror meant broken health, the body needed seven years to recover.

Of any superstition, the ladder has the most references.

Egyptians believed ladders to be good because it was a ladder that helped the ancient sun god Osiris to escape from the spirit of Darkness.

Small stepladders were placed in tombs of kings to help them ascend to heaven. Today, miniature ladders are carried as good luck charms.

As for associating bad luck with walking under a ladder, there are even more twists.

When a ladder is placed against a wall or a tree, it creates a triangle, which was considered a sacred shape used by alchemists. Because of this, to insure it or walk through it was sacrilegious and would be punished unless counter charms were used such as crossing the fingers cross-wise until one sees a dog, or by spitting on their shoes.

The number of rungs on a ladder is also very important in superstition. Seven is significant in the lucky way, to count, and 12 are considered lucky or perfect in religious and numerology circles. In certain Asiatic countries criminals were hung from the seventh rung. Since it was believed that death was contagious, one could "cheat death" by walking under a ladder used for hanging.

The other significant figure in numerology is 13, and ironically its connection with Friday the 13th. It is considered by many to be the unluckiest day, but if you were born on this day, it is your lucky day.

There are many origins for our apprehension of this day; many of them are based in Christianity. There were 13 people at the last supper and one died. Jesus was also crucified on a Friday.

However, long before the Bible was written, Fridays were set aside as a time to worship deities. Those who worked on this day could not expect good luck from the gods.

Those who carry a rabbit's foot for good luck may wish to know that, according to superstition, it must be the right hind foot cut off by a cross-eyed male by the light of a full moon. Since rabbits' feet are something actually about that, your rabbit's foot is likely not very lucky.

Sources: www.bch.net, Dictionary of Superstitions by Leslie Linsine and Andre Pascal, Gazetter

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You are cordially invited to the

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DESIGNED TO PROVIDE ACADEMIC SUPPORT FOR STUDENTS WITH SPECIFIC LEARNING DISABILITIES

THURSDAY OCTOBER 21,1999
4 00 – 6 00 PM
ROOM 2A110
4 00 PM REFRESHMENTS
5 00 PM WELCOME AND RIBBON CUTTING
FOLLOWED BY TOUR OF THE FACILITIES
FOR GUESTS AND DIGNITARIES

The Learning Opportunities Project is a pilot project funded through the Learning Opportunities Task Force of the Ontario Ministry of Training, Colleges and Universities

In The Sanctuary

MOVIE OF THE WEEK

Starts at 11:30
Monday October 18

WATERLOO REGION TRACK 3
SKI SCHOOL

SKI INSTRUCTORS REQUIRED

Become a Track 3 Volunteer Ski Instructor, *helping young people with special needs - have the most rewarding experience of a life-time!*

What We Need
- Enthusiasm first!
- Average level of skiing ability (you do not need to be an expert skier, nor be a qualified ski instructor)
- Interest in working with young people with special needs
- Commitment of one night per week and two weekend days during January and February

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Call the Track 3 Hot Line at 748-9802 for more information, or call Marcel Deschenes at 745-2515

COME AND JOIN US!

EPISODE I

THE PHANTOM MENACE

Tuesday, October 19

8:00 pm , The Sanctuary

Licensed event

Admission
Free for Doon Campus students
$3 for guests
purchase tickets at the door

Free Popcorn

Board of Directors Meeting
4 30pm
Wednesday October 27
The Other Room

"It could happen to anyone"

Workshop to prevent suicide

By Jeanette Everall

Going to this class could mean the difference between life and death.

A suicide prevention workshop... to be held Oct. 20 will be the first of its kind at Conestoga.

Organizer Barb Kraler said her main concern is to teach more people what to look for or what to do in order to help prevent suicide attempts

"We would like to encourage students to help (other) students to get the professional help they need and also to teach students how to deal with a situation at 3 a.m. if a friend is talking about committing suicide," said Kraler a counsellor with student services

Suicide is the second leading cause of death among people aged 15 to 24 in Ontario.

In Waterloo Region the number of people who take their own life averages around 45 per year

Kraler said there have been cases where Conestoga students have committed suicide.

"We certainly have seen a lot of students who have had suicidal thoughts" said Kraler "It's often a combination of factors They might have a depression illness or they could have family problems. But then what happens (at Conestoga) is we put the pressure of school on top of that

She said suicide has no social or economic barriers but there is still a myth that only people who have mental health problems commit suicide and that is not true.

"Although there is a high correlation between people who have depression and who use suicide as an option it could happen to any body," she said

There is also a relationship between alcohol abuse and attempted suicides said Kraler But just because someone is drunk doesn't mean they will suddenly think they are suicidal

They are thinking that way before they start drinking but maybe because they are drunk they said it out loud," she said.

Students should not disregard a friend's desire to commit suicide, said Kraler It is especially important to follow up on any admissions to suicidal thoughts even if the person blames his/her behaviour on being drunk.

The workshop will teach students not to disregard the early signs of suicide which could include repeated expressions of hopelessness, helplessness or desperation.

The workshop is open to all students and will be attended by students in social services It will be held in Room 1C15 from 1:30-2:30 p.m.

Free rides offered to Oktoberfesters

By Brian Gall

For the 13th year Kitchener Transit and Molson will offer bus users free rides during the two weekends of Oktoberfest.

On Oct. 8 and 9 and Oct. 15 and 16, the cost of rides between 11 p.m. and 2:30 a.m. will be covered by the popular brewing company

Molson, a major sponsor of Oktoberfest, is covering the cost of the bus rides as part of their Take Care program.

Sandy Roberts, supervisor of marketing and administration for Kitchener Transit, said there is always increased ridership when this special is offered. Last year, over 12,000 customers rode buses for free, she said.

"We have a number of festivity-goers that depend on our service, and I'm glad that they do because we don't want them to drunk and drive," Roberts said.

Kitchener Transit's assistant manager of operations said, for the public, it is pretty well a given that the extra service will be out there but it's up to Molson to charter the service every year

"If Molson didn't do it, I'm not sure if another company would pick it up" Ron Pearson said

Auction for endangered species

Nursing student [illegible] poses with the panda Bear's Baby which was sold for $[illegible] at an Oct. [illegible] auction for endangered species. The event was sponsored by the DSA and the World Wildlife Foundation. Photo by Anna Sajeski

STUDENT SERVICES WORKSHOPS – FALL SCHEDULE

THE FOLLOWING WORKSHOPS DO NOT REQUIRE ANY SIGN UP

TOPIC	DATE	TIME	ROOM
MULTIPLE CHOICE TEST TAKING	MON OCT 18	12:30 – 1 30	2A411
	THURS OCT 21	12.30 – 1 30	3B14
SUICIDE PREVENTION	WED. OCT 20	1.30 – 2 30	1C15

THE FOLLOWING WILL BE CONDUCTED IN A DISCUSSION AND NETWORKING FORMAT IF YOU HAVE ANY QUESTIONS COME INTO STUDENT SERVICES OR JUST DROP BY

GAY LESBIAN AND BISEXUAL DISCUSSION AND NETWORKING
-monthly meetings commence September 29 1999 @ 4:00 – 5:00 P.M. in Student Services. If missed please see Barb Kraler in Student Services

INTERNATIONAL STUDENTS NETWORK
-to be announced for mid-November

MATURE STUDENTS DROP IN
-Thursday, October 7 1999 @11.30 – 1 30 P.M. in the Blue Room (Cafeteria)

FOR THE FOLLOWING GROUPS YOU WILL NEED TO SIGN UP AT STUDENT SERVICES BEFORE THE BELOW DATES IN ROOM 2B02. PLEASE BRING A COPY OF YOUR TIMETABLE. YOU WILL BE NOTIFIED OF THE TIME AND DATE.

TEST ANXIETY GROUP	Four weeks in length Commencing week of Oct. 11 One hour per week Timetables due Oct.5	**FACILITATOR.** Joan Magonine
RELAXATION GROUP	Three weeks in length Commencing week of Oct. 19 One hour per week Timetables due Oct. 12	**FACILITATOR** Karen Rittinger & Allen Ledyt
PUBLIC SPEAKING ANXIETY GROUP	Five weeks in length Commencing week of Oct. 18 1.5 hours per week Timetables due Oct. 12	**FACILITATOR.** Carol Gregory

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Bring your resume October 20th and 21st

Conestoga College Recreation Centre

Admission is FREE!

Bring a non-perishable food item

Jostens is here to take

Graduation Photos

In the Other Room

Oct. 25 to Nov. 12

Weekdays

8:30am to 4:30pm

Sign up in the DSA office

LRC OPEN SESSIONS

Thursday 14th October - 3.30 - 4:30 pm

Friday 15th October - 9:00 – 10:00 am

Wednesday 20th October - 11 30 – 12.30 pm

Group Sessions arranged by request – call Ext 361

Condors third baseman Jennifer Castellen stretches to catch the ball and tag a Seneca player during an Oct. 5 game at Conestoga (Photo by Nicole Furlong)

Condors snag playoff spot

By Nicole Furlong

The Condors women s softball team squeaked out a 3 2 win over the Seneca Sting in extra innings on Oct. 5 to guarantee them a playoff spot.

By adding this win to Conestoga s pre existing five and four record (wins and losses), the women are now fighting to end up in the top three of seven teams in their league. That placing will depend on their last two games one of which is against Seneca.

One of the team s goals this year was to make the playoffs said coach Vince Denomme before the game By winning this game the team met this goal

Conestoga fought a tough battle as they scored their first run in the second inning and did not score again until the sixth

Home-team scorers were Christine Fountain Lori Walden and Julie Kentzel

Winning pitcher Leigh Marostega dueled with Seneca s pitcher Deb Wadsworth the entire game

Seneca s coach Rick Finlay said he thought his team played great however he attributed their loss to a bad call made by the umpire and his disregard of Seneca s appeal of the call

"We got robbed on a call on first base," Finlay said. If the guy (the umpire) doesn t want to call the ball the way it should be called and doesn t want to accept our appeal then that s a big turning point right there."

Seneca, who ended up in fourth place last year, currently has a record of four and two

Denomme anticipated a tough game because Seneca has an exceptional pitcher

"It was a tense game" he said with a smile on his face "I thought the girls handled the pressure really well."

Denomme also complimented Marostega, saying if she didn t have the experience that she has she wouldn t have been able to come through for the team the way she did.

"With the bases loaded, one out, and to come through the way she did that was very important," he said.

This season began slowly with the Condors losing their first three games but coach Denomme said they won their next five games in a row, thanks to improved pitching and defence

Conestoga, who placed second last year with a record of nine and three, needed to win their next game against Seneca to put them in second place

OCAA championships will be played on Oct. 22 and 23 at Seneca College.

See Community -- Page 4